

**St. Barnabas
Faith Formation
Handbook
2023-2024**



*St. Barnabas Catholic Church
109 Crescent Hill Drive
Arden, NC 28704
saintbarnabasarden.org*

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St. Barnabas Roman Catholic Church
Catechetical Leadership
Parish Office: 684-6098
Parish Office Hours: 9:30 A.M. – 4:00 P.M.

Main Catechist:

Father Adrian Porras x 1301

Permanent Deacons:

Reverend Mr. Chuck Moss

Reverend Mr. Frank Moyer x 1321

(Baptism Preparation, RCIA, Altar Server & Lector Training)

Director of Religious Education and Youth Ministry:

Mr. Simeon Willis x 1303

(Children's and Youth's Religious Education Programs, Campus and Young Adult Ministries, Confirmation Preparation, Adult Enrichment, Bible Study, RCIA, Reconciliation and Eucharist Preparation, Library Resources, Catechist Training)

Director of Catechesis of the Good Shepherd

Mrs. Claudia L. Yopez x 1302

Assistant Director of Religious Education and Youth Ministry:

Mrs. Valarie Brooks x 1306

MISSION AND VISIONING STATEMENTS

"St. Barnabas Roman Catholic parish, a welcoming and diverse Eucharistic community of faith and stewardship, empowered by the Holy Spirit and in response to Christ's call to love and serve one another, seeks to bring all people to the knowledge of and union with God our Father."

Our Philosophy on Faith Formation

"The *role of parents in education* is of such importance that it is almost impossible to provide an adequate substitute."²⁹

CCC #2221b



***The catechetical mission of
St. Barnabas Youth Ministry:***

"Guiding each other into a Christ-centered life.



Your Role as Parents

The purpose of each human life is to find joy in doing the will of God. The process of being formed to the will of God is called ***discipleship***. We are all called to holiness of life as disciples. To that end, no one has a greater power, right or duty than parents in forming their children to be disciples.

Our task at St. Barnabas is to assist you, through both supporting the formation you are giving your children at home, and by empowering you to feel confident in how to live out your calling as Catholic parents. Every aspect of faith formation here at St. Barnabas is geared towards this mission: to help you as parents to live your call to discipleship in your home with your own children. Home is where we are *"guiding each other into a Christ-centered life."*

This is more urgent than ever during the struggles and uncertainties we face this year. Be a rock of constancy and faith for your children! Share with them what you are learning, listen to their questions, be an individual of prayer for your own Salvation, not just to get them to start. When we as parents are sincere, then our children will be inspired to holiness!

Parental Stewardship

Stewardship is a recognition of and working with the generosity of God. As Catholics, we realize that everything we are able to do, and everything we have are gifts of God's Providence, and therefore we should use our talents and abilities and material possessions the way God would want us to. This is being a good steward.

St. Barnabas Parish recognizes that all of us are called to be good stewards, as we have all been blessed by God. Therefore as an important part of our faith formation program, we are requiring families to be engaged in giving back to God in some small way.

Preparation for the Sacraments: Reconciliation, Holy Communion & Confirmation

GENERAL REQUIREMENTS

1. Families of children and youth preparing to celebrate a sacrament must be registered in the parish.
2. For the sacraments of First Reconciliation, First Holy Communion, and Confirmation the child or youth must have attended formal religious education classes with regular attendance for two years prior to receiving the Sacraments.
3. A copy of the Baptismal Certificate for the child preparing for these sacraments is required before preparation begins.

FIRST RECONCILIATION

Children aged seven or older, are invited to prepare for the Sacrament of Reconciliation. Second graders prepare in the fall ***preceding First Holy Communion***. Older children are prepared in the summer following their second year of catechesis. Parents and children are required to attend preparation classes (at home or online) in addition to home study and regular religion classes and to participate in the "Good Shepherd Retreat". Contact Simeon Willis for more details.

FIRST EUCHARIST

Children, aged seven or older ***and having previously celebrated First Reconciliation***, are invited to prepare for the Sacrament of First Holy Communion. Second graders prepare in the spring. Older children prepare in the summer after celebrating First Reconciliation. Parents and children are required to attend preparation classes (at home or online) in addition to home study and regular religion classes and to participate in the "Jesus Day Retreat". Contact Simeon Willis for more details.

CONFIRMATION:

Preparation for the Sacrament of Confirmation begins in the fall. Candidates must be:

- At least 13 years old,

- Active in their sacramental faith lives
- Knowledgeable about the Catholic faith, and
- Active in stewardship (giving service to others). This may include serving the family through acts of love, such as reading to younger siblings, doing chores, writing to the elderly and infirm

In **addition** to regular formal catechetical classes, confirmandi are expected to:

- Participate in the orientation and monthly Confirmation classes (in person or online) in addition to regular religious education classes online.
- Pass a test with an 85% or higher on the basics of Catholicism
- in person interview with the Director of Youth Ministry or Pastor
- Complete the assignments of the *Dynamic Catholic* Confirmation program: Decision Point. Google: "Decision Point Confirmation" to find it.
- Research and write a report on a Confirmation saint
- Attend one Diocesan event or retreat (if available)

An orientation held at 10 am on **Sunday, September 24th** for parents and confirmandi gives further details.

RITE OF CHRISTIAN INITIATION FOR CHILDREN:

Un-catechized children or youth are welcome to prepare for receiving the Sacraments with the Church at any time. Contact the pastor for more details.

Religious Education for Children and Teens

All families should choose either Option 1 or Option 2 for each child or teen. Children and teens may not do both options.

Standard Catechesis: 1st - Sixth Grades (Option 1)

Textbook Series -Sofia Institute, *Spirit of Truth*.

Our Sunday morning catechesis for younger grades involves catechist led instruction in a regular classroom setting using the Spirit of Truth books from 9:45-10:45am. Parents are encouraged to discuss what is learned at home to help their children benefit the most from their experience. There is no Kindergarten group except for CGS.

Catechesis of the Good Shepherd-Kindergarten – 3rd Grade (Option 2)

The Catechesis of the Good Shepherd is grounded in scriptural and liturgical study framed by Montessori principles of education. The children explore the Gospel by rich, sensorial materials that represent the most essential proclamations of the Christian message. The goal of all formation is to help the child fall in love with the Lord.

The Catechesis of the Good Shepherd is currently offered for children ages 3-6. Beginning in the fall of 2023 we will offer a Level 1 (3 to 6 year old) and a level 2 (6 to 9 year old) on Wednesday afternoons from **4:15-6:15 pm**. Due to the nature of the program, space is limited.

The Catechesis of the Good Shepherd prepares an environment for the child where hands-on material is an aid for meditation and contemplation. The children are introduced to the gestures of the Mass, setting up the altar, the Sacrament of Baptism, and the parable method where the parable of the Good Shepherd takes on a central role. Children are exposed to the most essential tenets of our faith.

In the atrium, time and space are carved out to help the child celebrate more deeply the relationship that she already has with the Lord Jesus Christ through prayer, work and active listening to his word.

We are delighted to offer sessions in the fall on Wednesday afternoons from 4:15 to 6:15 pm for children ages 3 to 6 and ages 6 to 9.

Depending on numbers, new sessions during the week could be offered.

Youth Catechesis: Grades 7-12 (Option 1)

Youth catechesis will be introductory material for those who are primarily wanting to prepare for the Sacraments. It only includes catechesis, or instruction in the Faith centered around the core teachings of the Church and how to live them out. It includes learning traditions and customs for the home, including how to pray. It is a two year program with sessions held weekly on Saturday evenings from 6:00-6:50pm between the Vigil Mass times. A syllabus of topics will be provided.

Suns of Encouragement (SoE) Youth Ministry: Grades 7-12 (Option 2)

SoE Youth Ministry is more holistic than the youth catechesis and includes social activities, catechesis and prayer. With smaller groups of teens who want to form Catholic friendships and become saints, there are increased opportunities for friendship, discipleship, and leadership.

An additional part of SoE will be leadership pods included regularly where teens will meet with others in their pod to plan something for the teens or parish. Pods teens can choose from to be part of will be prayer, games/social, special events/trips, and parish communications.

SoE is held weekly on Sunday evenings from 6:30-8:15pm. SoE is sub-divided into three groups: middle school boys, middle school girls, and high school.

Parent Ministry

Parents with children participating in faith formation are invited to meet monthly between the Masses in the John XXIII room to visit with each other, share ideas, and discuss pertinent topics to being the Domestic Church.

Diocesan and Other Major Youth Events:

Bishop's Lenten Pilgrimage to Belmont Abbey Saturday, March 16, 2024. This is open to grades 6-12, and is required for all those wishing to be Confirmed. Come listen to great talks, pray, sing, and meet the bishop!

Diocesan Youth Conference, April 27-30, 2024. High school youth from the whole diocese share with each other a dynamic experience with Christ.

Totus Tuus (summer catechetical program). Every June or July, a team of four college students run a

program focused on Marian devotion, Eucharistic Adoration, vocational discernment, catechesis and fun. Specific dates TBD.

Quo Vadis Days, and Duc In Altum. Every summer, teens (guys and girls) have a week to explore what it would be like to be priest or religious. Guys attend Quo Vadis, and Girls Duc In Altum. Dates TBA.

CODE OF HONOR FOR YOUTH (in person meetings)

As youth of the Roman Catholic Church and of St. Barnabas Parish, we pledge to honor our Lord, Jesus Christ and one another in our study, prayer, service, and play.

We honor Christ and each other in the way we dress.

- *We consider neat and clean jeans, slacks, skirts, dresses, blouses, sweaters, and t-shirts or sweatshirts that do not promote alcohol, sex, tobacco, drugs, profanity, death themes or violence appropriate clothing to wear during youth programs.*

We honor Christ and each other with our attention.

- *We look for ways to include others who feel nervous, alone or excluded and welcome them as Christ.*
- *We leave cell phones turned off or at home during Youth Ministry sessions, starting as soon as we enter the S.t Barnabas Church property.*

We honor Christ and each other by creating a welcoming and safe environment.

- *We follow all policies that assure our safety and well-being.*
- *We keep all parish, vicariate, and Diocesan events and activities tobacco, drug, and alcohol free. The use of these substances by minors is illegal and will be met with the appropriate consequences.*

We honor Christ and each other by treating everyone and everything with reverence and respect.

- *We pray with reverence even if the prayer or music is not “our style”.*
- *We speak and listen with consideration and kindness promoting learning and friendship.*
- *We emphasize friendships rather than dating relationships, refraining from public displays of physical affection (e.g. kissing, clinging, overly long hugs, or hand holding...).*
- *We introduce friends who join us as guests to the Director of Youth Ministry and the catechist before classes begin. No one among us should be a stranger!*
- *We expect our guests to follow our code of honor.*
- *We keep our building and its grounds clean and use equipment and furnishings in the manner for which they were designed, (e.g. we do not sit on tables).*

Attendance Policy

It is expected that each child/teen will complete either the parish program for his/her age group, or complete what parents have communicated with the DRE Simeon Willis ahead of the school year.

You have the right as parents to choose whichever curriculum or faith resources you think are the

best for your children and teens, and we support you in that choice! Please do be sure to communicate that plan ahead of time!

In-person events are entirely optional: attendance will not be taken.

Registration Information

Registration for Religious Education and Youth Ministry will begin the week of August 9th. New family registrations are by appointment with the Director of Religious Education and Youth Ministry prior to the start of classes and as required to accommodate new families throughout the year.

Registration Fees

Religious Education and Youth Ministry before August 21, 2022: \$60 for one child, \$110 for two, or \$150 for three or more. There are no fees for those who are actively involved in giving their ongoing time and talent to the parish as stewardship.

There are three ways to pay for Faith Formation: cash, personal check, or online via credit card.

Faith Formation and Youth Ministry Calendars are published on the parish website, and available in print form in the social hall. Parents may also request a calendar by e-mailing the DRE/DYM. Calendars are subject to change. Consult the bulletin for schedule changes and additions.

How to Register: Go to the parish website for a link to instructions., or go to <https://giving.parishsoft.com/App/Form/33fe838b-b133-4a0a-bf0a-c8791325ba48>

Safety Procedures

Arrival and Departure (for in-person events)

1. For their safety, children in grades K through 6 must be escorted to and from their classrooms by a parent. **Please be prompt when picking up your children.** Catechists will not release children to older siblings without the approval of the DRE/DYM.

2. Written permission is required if a child or youth will be leaving class early or riding home with another family or an adult other than the parents. This includes car-pooling arrangements.

3. If older youth are transporting siblings they are to pick up their siblings and all walk to their cars together. Teen drivers are not permitted to give rides to youth other than their siblings.

Fire Drills are held annually. We follow the same routine that the children and youth do in school. If you are in the building during a fire alarm, leave by the appropriate exits in a serious manner. This ensures your safety and provides an example for our students. Catechists will get students out of the building. **Parents are not to come to the classrooms** during a fire alarm; they are to leave the building by the nearest exit.

Code Red Procedure: In the event of an active shooter or other severe crisis situation, we ask that

parents please cooperate with our procedure to minimize harm. Like in most schools, we will lock the doors to the classrooms starting at 9:55am, and unlock them at 10:35am for you to be ready to pick up your children. This will minimize unauthorized access. In a code red, we will shelter in place. **Parents are not to come to the classrooms** during a code red; they are to leave the building by the nearest safe exit.

Disclosure of Health Information about your child is important to us, especially if your child or teen has food allergies, is on long term medication, or has specific needs due to physical, emotional, or learning disabilities. This information will assist us in providing your child with a safe and successful catechetical experience.

Protecting God's Children is a Diocesan sponsored program that trains and educates adults on the means to protect our children from child sexual abuse. Attending this three-hour workshop is a requirement for all parish volunteers working with children and youth. We strongly recommend that **parents** plan to participate in this worthwhile program. Call the DRE/DYM for more information

Reporting Ministry-Related Sexual Abuse of a Minor

All cases of alleged, known or suspected ministry related sexual abuse of a minor must be reported to the proper civil authority. Any person having actual knowledge of, or reasonable cause to suspect an incident of ministry related sexual abuse by any church personnel of the Diocese of Charlotte is to immediately report the incident to the Chancery, unless to do so would violate the Sacrament of Penance. The Chancery will then report the incident to the proper civil authority.

After notifying the proper civil authority, the Chancery will immediately notify the Assistance Coordinator, the Promoter of Justice, and the Review Board. Following this, the individual reporting the incident to the Chancery will be notified of the particulars regarding the filing of the incident with civil authority. This reporting requirement is not intended to supersede the right of a victim or witness to individually make a report to public authorities, but is to ensure proper, complete and timely reporting to the proper civil authority. At the time of reporting, the diocese will request to be kept informed as to the progress of that authority's investigation. Should an individual choose to make a report to civil authorities, the requirement to make a report to the Chancery is not removed.

You may make a report of sexual misconduct by calling the Chancery at 704-370-6299, or by writing to:

Chancellor
Diocese of Charlotte
PO Box 36776
Charlotte, NC 28236

At the time of reporting an incident of alleged sexual misconduct to the Chancery, the person making the report will be asked to complete the diocesan form, [*Report of Suspected Ministry Related Sexual Misconduct by Church Personnel*](#).

Campus and Young Adult Ministries

Campus Ministry

This ministry involves youth between the ages of seventeen and twenty-five. Typically young people of this age are in college. We encourage any college student to become involved with the Campus Ministry offered at the learning institution he or she is attending. Please leave your college address at the Parish office so we can continue to send literature and updates on parish events.

If the young person is commuting to an institution of higher learning or is already in the work force we encourage him or her to participate in the parish as a young adult member as well as Campus Ministry.

To those considering attending a university, please consider the benefits of a Catholic university. There are many good ones to choose from with a wide variety of majors. Visit: <https://newmansociety.org/> for great details on each college!

A few of the benefits of a Catholic university:

- Lasting, true friends: we rise or fall to the level of our friends. At a Catholic university, a person will consistently find friends who bring out the best in him.
- Spiritual support: Mass, Eucharistic Adoration, Confession, spiritual direction, etc. are all readily available.
- Academics: our culture is filled with irrational biases against the Church in particular, and against Western civilization and even human nature in general. In Catholic universities, find professors who will build on a foundation of rational truth that will empower you to do God's will in your life. Life is more than a career path, but a journey to God.

Adult Continuing Religious Education

Every adult, regardless of age, is encouraged to continue growing and learning about our Faith. To assist the adults of St. Barnabas, the parish catechetical leaders provide a variety of offerings throughout the year. There is no charge other than the occasional need to pay for a text. These costs are generally nominal.

OCIA – Anyone interested becoming Catholic or in refreshing his or her knowledge of Catholic basics is invited to attend these sessions, Thursdays, September through March, 6:00 – 7:30 p.m. Contact the pastor or DRE for more information.

Sunday Mornings Parent Gatherings: On weeks which children and teens have the opportunity to gather for the optional Knights and Handmaids of Mary, parents may gather in the John XXIII room for a parent session. Sign up on the parish website via signup.com. Space is limited.

Friday Morning Adult Education Class meets Fridays from 10-11:30 A.M., from September through May. Topics change every year and tend to be offered in 6-8 week periods. For more information consult the bulletin or contact Simeon Willis, DRE/DYM.

Order of Christian Initiation of Adults

The Order of Christian Initiation of Adults, designed to answer the questions of adults thinking of converting to Catholicism, begins with *Inquiry* sessions held in August and September. Should the adult wish to continue learning more, he or she participates in a *Rite of Acceptance*.

This period of inquiry is followed by the *catechumenate*, an intensive year of study of the Roman Catholic faith. A sponsor, a practicing Roman Catholic, accompanies the *catechumen* (one who has not been baptized a Christian) or *candidate* (one who is a baptized Christian) at these sessions. The sponsor prays for and with the catechumen or candidate, answers questions and is present throughout the process.

At the beginning of Lent those catechumen and candidates who wish to be in full communion with the Roman Catholic Church participate in the *Rite of Sending* before leaving to be presented to the Bishop. The Bishop welcomes the catechumen and candidates in the *Rite of the Elect*.

The *Elect* continue their studies and enter into a time of reflective prayer. The Elect also participate

in *The Scrutinies*, prayers said over them by the priest, the third, fourth, and fifth Sundays of Lent.

During Holy Week the Elect participate in a retreat or day of reflection. The Elect are brought into full communion with the Roman Catholic Church during the Easter Vigil, celebrated the Saturday evening before Easter Sunday. At this time those previously not baptized will be baptized. All will be Confirmed and join the Church for the first time in Holy Communion. The newly confirmed are now called *Neophytes*.

The Neophytes complete the process by participating in *Mystagogia*, a short period of reflection, prayer and thanksgiving for the many blessings and graces given them.

Useful Links for Parents:

- FORMED.org: a free, bilingual subscription for movies, programs, podcasts, audio books and more! This is a huge library of top quality material for all ages!
- Domestic Church: find more info about what you can do to build a home centered on Christ and watch your marriage and family flourish in joy! <https://www.domesticchurchfamilies.com/the-7-promises>
- Holy Heroes: Live the Church's seasons at home and have fun doing it! <https://www.holyheroes.com/Holy-Heroes-Advent-Adventure-s/48.htm>
- 3 Minute (daily) Retreat: Having trouble making the time to pray? Do this daily! It takes three minutes and its on your phone! <https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>
- Lectio Divina for Kids: <https://teachingcatholickids.com/lectio-divina-for-kids/>
- Catholic Mom: Needs encouragement and ideas as a mom? <http://catholicmom.com/>
- EpicPew: Catholic info, funny videos, quizzes): <https://epicpew.com/>
- Busted Halo: <https://bustedhalo.com/>
- Movie Night? <https://formed.org/>
- Catholic News: well researched, faithful: <http://www.ncregister.com/>

The Parish Library is located on the east side of the social hall and is run by volunteers. It contains a wide variety of religion resources for children and youth as well as Church Documents, Papal Encyclicals, Catholic publications and audio-visuals.

Internet Sites we recommend are:

Vatican – <http://www.vatican.va>

Catholic News Service – <http://catholicnews.com>

Diocese of Charlotte – <http://www.charlottediocese.org>

EWTN – <http://www.ewtn.com>

Learning Order of Catholic Prayers, Practices and Facts

Grade One

1. The Sign of the Cross
2. Our Father
3. Hail Mary

Grade Two

1. How to Genuflect (on the right knee)
2. The Mass Responses
3. Actions During Mass
4. Act of Contrition
5. The Glory Be
6. The Ten Commandments (in order)
7. The Seven Sacraments

Grades Three and Four

1. The Apostles' Creed
2. How to Pray the Rosary
3. Grace Before Meals
4. Grace After Meals
5. Psalm 23

Grades Five and Six

1. An Act of Love
2. An Act of Hope
3. An Act of Faith
4. The Memorare
5. Psalm 100

Grades Seven and Eight

1. The Precepts of the Church
2. The Prayer for the Poor Souls (Prayer for the Dead)
3. The Theological & Cardinal Virtues
4. The Beatitudes
5. The Holy Days of Obligation
6. Marks of the True Church